

NUTRITIONAL FACTS

THE PERFECT GOURMET

35 pc Classic Shrimp Potstickers or 35 pc Kung pao Shrimp Potstickers



POTSTICKERS SHRIMP & VEGETABLE

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | 35 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

Pan-Fry: Add 1-1/2 tablespoons oil to a non-stick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet in a single layer. Cook until potsticker bottoms are golden. Remove from heat and cover. Let sit for 2 to 3 minutes to allow them to steam until centers are heated through.

Steam: Place a wire rack or bamboo steamer over a pot of boiling water. Place frozen potstickers on the rack or steamer, in a single layer. Cover and steam for 3 to 5 minutes or until tender and centers are heated through. (Be careful not to overcook these.) Carefully remove the steamer or potstickers from the pan; steam will be very hot.

Air Fryer: Lightly spray frozen potstickers with cooking spray and place in basket. Air-fry at 375°F for 6 to 7 minutes, shaking the basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

Oven "Fried": Preheat oven to 375°F. Place frozen potstickers in a bowl and lightly toss with oil. Place potstickers on a rimmed baking sheet. Bake 15 to 20 minutes or until potstickers are golden and centers are heated through.

Deep-Fry: Fill a soup pot, deep skillet, or electric deep fryer, no more than half full with peanut or vegetable oil. Heat oil to 350°F. Use a thermometer to maintain this temperature or set electric fryer to this temperature. (Do not overheat or leave unattended.) Carefully place a few frozen potstickers in oil. (Never allow oil to get more than halfway up pan to avoid splashing!) Cook until crispy, golden, and centers are heated through.

Microwave: Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

Nutrition Facts

7 servings per container
Serving Size 5 pieces (110g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 530mg	23%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 2mg	10%
Potassium 136mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

FILLING: Shrimp (Shrimp, Water, Salt, Sodium Tripolyphosphate), Cabbage, Green Onion, Water Chestnuts (Water Chestnuts, Water, Citric Acid), Onion, Modified Food Starch, Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt), Ginger, Salt, Garlic, Sesame Oil, Spices (Salt, Celery Seed, Red Pepper, Black Pepper, Paprika), Lemon Peel, White Pepper, Yeast Extract. DOUGH: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Salt. CONTAINS: Wheat, Soy, Sesame, Shrimp.

KEEP FROZEN. NET WT 1.70 lbs LBS (27.2 OZ)



POTSTICKERS KUNG PAO SHRIMP

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | 35 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

Pan-Fry: Add 1-1/2 tablespoons oil to a non-stick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet in a single layer. Cook until potsticker bottoms are golden. Remove from heat and cover. Let sit for 2 to 3 minutes to allow them to steam until centers are heated through.

Steam: Place a wire rack or bamboo steamer over a pot of boiling water. Place frozen potstickers on the rack or steamer, in a single layer. Cover and steam for 3 to 5 minutes or until tender and centers are heated through. (Be careful not to overcook these.) Carefully remove the steamer or potstickers from the pan; steam will be very hot.

Air Fryer: Lightly spray frozen potstickers with cooking spray and place in basket. Air-fry at 375°F for 6 to 7 minutes, shaking the basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

Oven "Fried": Preheat oven to 375°F. Place frozen potstickers in a bowl and lightly toss with oil. Place potstickers on a rimmed baking sheet. Bake 15 to 20 minutes or until potstickers are golden and centers are heated through.

Deep-Fry: Fill a soup pot, deep skillet, or electric deep fryer, no more than half full with peanut or vegetable oil. Heat oil to 350°F. Use a thermometer to maintain this temperature or set electric fryer to this temperature. (Do not overheat or leave unattended.) Carefully place a few frozen potstickers in oil. (Never allow oil to get more than halfway up pan to avoid splashing!) Cook until crispy, golden, and centers are heated through.

Microwave: Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

Nutrition Facts

About 7 servings per container
Serving size 5 pieces (110g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 680mg	29%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	6%
Potassium 102mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Filling: Shrimp (Shrimp, Water, Salt, Sodium Tripolyphosphate), Cabbage, Water Chestnuts (Water Chestnuts, Water, Citric Acid), Light Brown Sugar, Modified Food Starch, Onion, Garlic, Salt, Green Onion, Sesame Oil, Soybean Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Ginger, Black Pepper, Red Crushed Pepper, Dough: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Salt.

Contains: Sulfites, Wheat, Soy, Sesame, Shellfish (Shrimp).

KEEP FROZEN. NET WT 1.70 lbs LBS (27.2 OZ)

